



Solve Your Child's Sleep Problems

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Solve Your Child's Sleep Problems

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Does your child refuse to go to sleep? Wake in the night? Have nightmares, wet the bed or sleep walk? In this major new revision of his bestselling classic, Dr Ferber provides proven strategies for helping your child get a good night's sleep. Topics covered include bedtime routines, night time waking, day time naps, sleep abnormalities, co-sleeping, nightmares, sleepwalking, snoring, narcolepsy, bed-wetting, head banging, travel and jet lag. "Solve Your Child's Sleep Problems" offers priceless advice for a whole new generation of anxious, overtired parents.

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